

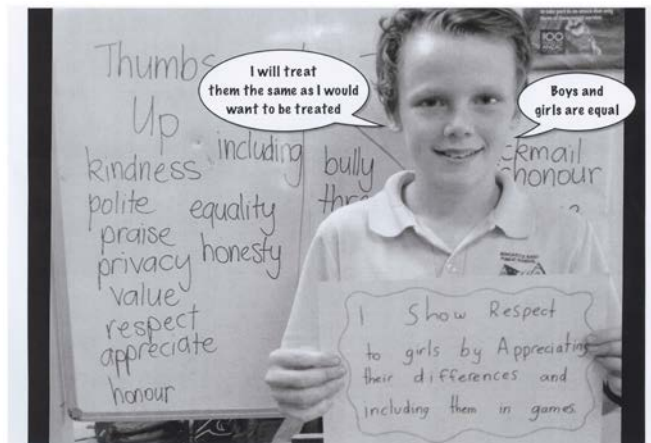
HILLTOP NEWS

Week One, Term Two, Tuesday May 3rd , 2016 - Edition One Hundred and Seventy-two

Respect for Girls Course

Much has been written about respect towards girls and women recently, and following some incidents at the school over recent months, in response Mrs Edge taught a course of “respectful relationships” to our Grade Six boys last week. It was very successful, and the boys were enthusiastic and serious about the topic.

All Grade Six boys gathered for a two-hour session with Mrs Edge last Friday. First, we talked about the subject, and watched some “respect girls” ads, a part of a government campaign to stop violence against women. We did activities, such as drawing a picture of a girl, then crumpling it up, and then folding it out flat again. It still had the “scars” from the crushing. This exercise showed that even if you say “sorry” after you hurt somebody, it still leaves damage to that person. Next, we got into groups, and Mrs Edge gave us a word, such as “embarrass” etc, then we had to create a play about it, without saying the word itself. It was quite hard, playing the part of a disrespectful person. The main exercise was to write a poster about the ways that we show respect towards girls. The scanned picture shows Jude’s work. By Alvin



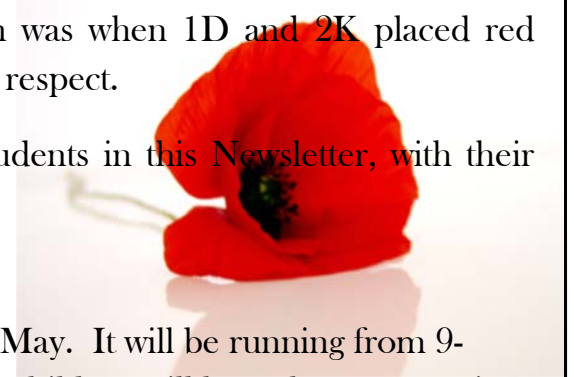
ANZAC Service at NEPS

Our commemorative service was held last Wednesday, and beautifully led by Grade Five students from Mrs Thomas’ class. The quality of public speaking by these students, and their poise and confidence, was very pleasant to see. Thank you to Mrs Thomas for her excellent organisation and confidence-building. A very nice touch was when 1D and 2K placed red poppies around our sculpture garden, their personal act of respect.

I’ve included several very thoughtful poems by senior students in this Newsletter, with their reactions to our ANZAC service.

Mothers’ Day Stall

The P and C Mothers’ day stall will be held this Friday, 6th May. It will be running from 9-11am, with some fantastic gifts available from \$1 to \$5. All children will have the opportunity to purchase 1 gift for their mother, stepmother, grandmother or special lady in their life.



Choral Festival – STOP PRESS

Congratulations to our Infants Choir, led by Miss Dickinson, as they achieved a Highly Commended Award at Warners Bay Performing Arts Centre today.

Swimming at State Level

NEPS swimmers at 2016 NSW PSSA swimming carnival which was held on 6th April performed very well, and we are proud of them. Averil Jones swam well, despite suffering from a heavy cold, to be a Top 10 finalist in her 100 freestyle event, 11th in the 200 IM and achieved personal bests in her three other individual events. She also swam a great first 50metres in the girls senior relay event again making a personal best time. The girls senior relay team came an amazing 13th place in the state, spectacular when you realise that two of the girls are very young, just Grade Five, swimming against all Year Six teams. Well done to Averil, Adelaide, Luciana, and Heidi. They didn't receive gold on the day but it certainly felt like it.



After-school Sports



Sailing began yesterday with enthusiastic crews out on the harbour, each week becoming more proficient at rigging and sailing.

Cricket will begin Wednesday next week, with notes distributed this week. Our new pitch and practice nets will be available by then.

Debating Workshop

Mrs Bugbird and Miss Potts ran an excellent workshop on debating skills yesterday, catering to students from Grade Four to Six, and covering all the basic areas of debating. The workshop finished with a practice debate, in which everyone spoke confidently. We start our inter-school debating this term, with students entered in both Premier's Challenge, for Grade Six, and Train-on, for Grade Five. This workshop puts our students in good stead for the year. Our thanks to these wonderful teachers of debating

Say NO MORE to Bullying.

Tae Kwon Do will teach you how to deal with Bully's.
You will develop confidence, self control and respect.

Challenge yourself this year. Come along and join one of
our friendly classes with

SOUTHERN CROSS TAE KWON DO ACADEMY

For Men Women & Children

(From 5 yrs +)

Classes at...

CARDIFF

John Young Community Hall
Thomas Street
Mon: 5.30 – 6.30pm

THE JUNCTION

St Josephs School Hall
182 Union & Kenrick St
Tue: 5.45 – 6.45pm

WALLSEND

Callaghan College
Cnr Minmi & Macquarie St
Wed: 5.30 – 6.30pm

DUDLEY

Dudley Vintage Hall
96 Ocean Street
Tues: 5.30 – 6.30pm

LAMBTON

Lambton High School
Young Rd
Thurs: 5.45 – 6.45pm



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The simplest way

...to create yummy sandwiches.

Wholegrain breads and cereals - the foundation of a healthy lunch box, and great base for yummy fillings.



Cancer Council's *Eat It To Beat It* program recommends limiting or avoiding processed meats (sausages, frankfurts, bacon, ham) because of their link with increasing the risk of bowel cancer.

Try some of these great ideas:

- Roast pumpkin with salad (grated carrot + lettuce, pesto + baby spinach) on multigrain, wholemeal or white high-fibre bread.
- Leftover cottage pie or spaghetti bolognese, with lettuce and grated carrot on a wholegrain bread roll.
- Tinned salmon/tuna and canned sweet corn on crispbread.
- Chopped egg and lettuce in a pita pocket.
- Tabouli salad and feta cheese on a wrap.
- Mashed banana and sultanas on sourdough.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

A Minute's Silence

As we sail through the sea

I look at my comrades and they look at me

Preparing for death that lays beyond

We sing our songs to distract ourselves from the fear beyond

As we look at those cliffs ahead

I see the dread in my comrade's eyes

As the fear ahead may lead us blind

To those Turks

To the guns in their hands

Their sadness in their eyes and the startled cries

As the bloodshed spread to the cliffs ahead

Soldiers, mates started digging

Digging till the break of dawn

With gunshots leaving men deaf

Regret filled young men

Cowering in the trenches

Pleading for mercy from the Turks who fought for freedom with all their might

Lest We Forget

By Oscar Alley

A Minute's Silence

Bullets ricocheted off trees and cliffs

Silent screams only I could hear echoed through the caves

Comrades, allies, friends

Fell prey to the ground below

Guns flashed in the dying sunlight

But still I lay

In a shallow pit

Only held up by twigs

And hard-packed earth

Frozen in an oil-painting that seemed

To wash away the good times with blood and iron

A deafening explosion of bullets

Coming in contact with skin

A dying spark of life cooled by a rain of crimson

Black descended upon my already hazy vision

War walks my path now

I will never get a real funeral

I shall always be classified as the

Unknown Soldier

Too mangled to be identified



By Sadie Ferguson

A Minute's Silence

The chaos, the terrifying, nightmarish chaos

Bullets cut a path through our ranks

As we all perform that endless ritual;

Shoot, then dive for cover, scream the names of your mates,

And wait for an answer that will never come

We kill and are killed, but we are empty now

The sun is no comfort, rendered sickly by the smog

But at night, it is worse,

Waiting in the filth and squalor

Haunted by our comrade's empty space

And always the fear, the fear, the endless dread

That tomorrow it may be us who do not return

By Elizabeth Wood

